

CRE - CREATIVE RELAXATION EXERCISE

THE NATURAL WAY TO PLAY WITH LANGUAGE AND A BEAUTIFUL ACCENT WITH A 30 MINUTE AUDIO TAPE IN ONE DAY

KEY CONCEPT: "WHEN you create new POSITIVE wave patterns in YOUR
mind,
they give you the CONFIDENCE to RELAX and LEARN naturally without
EFFORT
... CE ZU TIN BA DEH!!"

NO. 335 - BURMESE from ENGLISH

Version 4 - November 2003

... still with a few errors ... but mostly right ...
... thanks to the fine work of Dr. Ba-Thike ...

Note:

Appendix A - is the routine for long term reinforcement after one month, which can also be used by experienced speakers for the chronic problem of accent deterioration.

Key books to buy: Lonely Planet, Berlitz and Cooks Phrasebooks - "South East Asia". and a small dictionary

Inspired by: Michael Romig (NGO Volunteer), Dr. Bob Boland (IUG) and Dr. Katherine Ba-Thike (WHO) and Thieda Bardoux (Burma) and Dr. Giles Boland (Harvard), and Boston University and the Team.

<http://www.bu.edu/familymed/distance/cre/introduction.htm> for text and audio tape.

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DEDICATION

This program is dedicated to the memory of Professor Kenneth Hale, the eminent linguist of MIT who died on October 8th 2001.

He spoke about 50 languages fluently and regarded each language as an intellectual treasure-house of communication, culture and humanitarian values.

He suggested ... that 30 minutes of a new language ... should be enough to start to make one-self understood ... and then ... the best way ... to progress ... was to speak ... confidently ... more and more ... with natural speakers of the language ...

So on we go ... for one whole day ... with a partner or small group ... speaking and speaking ... and moving ... face, hands and body language to reinforce your communication ... and ending with ... almost instinctive ... easy inter-active conversation ... in the natural language ... and if you are lucky enough to find ... ANY natural speaker for the day ... to be a partner ... or just part of the small group ... that would be just great ... so start chatting now ... and find the "100 most used words" ...

Thank you.	ce zu tin ba deh
Welcome	Kywa bar
Hello	Mingalaba
Yes/no, not	Hoke/mahokpu
Please	Kye zhu pyu yeu
Excuse me	Ma taw lo
Good morning	Kaung thaw nan net khin bar
My name is ...	Kya ma (female) kya naw (male) na me (name) lo khaw ba de (is called)...
What is your name?	Nam me lo (what) ... khaw tha le (is called)?

How are you?

Ne kaung ye la?

I am well, thanks

Ne kOUNg ba de, ce zu beh

Good-bye.

Thwa daw me

1.0 INTRODUCTION

1.1 STRUCTURE

This program gives you practice in understanding the structure of the language almost instinctively, as for each difficult phrase, English words are inserted. There is also a Mini Phrase-book, a Brief note on Grammar and a list of the 100 "most used" words in conversation.

1.2 MEMORY

A simple technique for the memory of difficult sounds is to make up a ridiculous English phrase as a memory "trigger", for example:

Yes ... ho ke .. say ...

... yes ... H-OKAY... yes ... ho ke

Goodbye ... thwa daw me ... say ...

... goodbye ... TA TA FROM ME ... goodbye ... thwa daw me

I want ... lo chin deh ... say ...

... I want ... MY LOW CHIN WANTS A DAY ... I want ... lo chin
deh

or check www.crelearning.com for our CRE 33 MemoryAlert.

1.3 PRACTICE.

Learn very rapidly the list of "most used 100 words" and each day, take one page of the mini-phrase-book, to make 10 minutes of Burmese conversation with a natural speaker or aloud with yourself. Then make a friend of the main Burmese Phrase-book.

INSTANT RELAXATION TECHNIQUE

1. This is a simple IRT exercise, to give you confidence to learn naturally. When you don't believe you can learn ... you won't learn! ... When you are tense, anxious and stressed ... you won't learn! When you have no confidence ... you won't learn. But with relaxation, your mind and body become clear, confident and ready to learn. So do the IRT exercise now ... and again before every CRE session. It takes only three minutes, and with practice, it becomes a powerful tool for you. The only "equipment" you need is an "open mind" and a marble (or similar small object) in your "right" (major) hand.

2. So, get into that comfortable position, in which you know ... you really can relax. Be aware that marble gets warm as it absorbs heat from contact with your right hand. Open you hand and allow the warmth to evaporate. Close the hand again, and recognize the marble ... as a physical external symbol ... of the internal function of your mind and body. Allow it to receive and evaporate not just heat ... but emotion, anxiety and stress ... leaving you free, relaxed, confident and ready to learn to speak and understand the natural language without effort

3. Now, relax with the hands on the lap, and fix your eyes on the marble as you repeat aloud ... the following sentence ... four times, feeling free to change the wording a little ... to fit your style ... four times ... aloud ... in all:

"I AM, I CAN, I WILL, I BELIEVE ... I WILL LEARN ... AND HELP OTHERS TO LEARN ... TO SPEAK AND ENJOY ... THE NEW NATURAL LANGUAGE ... WITH A BEAUTIFUL ACCENT ... NATURALLY ... RAPIDLY ... EASILY ... WITHOUT EFFORT"

4. With the eyes fixed on the marble ... or closed if you wish ... start to take three slow and very deep breaths ... and be sure to pause ... on each inhalation ... and imagine ... each exhalation ... as transferring all the anxiety and stress ... from your mind and body ... through to the marble in your hand.

5. After the third breath, let your whole mind and body relax completely for two minutes ... thinking ONLY of your breathing ... nothing else ... no self talk at all ... just concentrate on the BREATHING ... very important .. counting down 20 to 1 ...

6. Then bring yourself back, by simply counting up from 1 to 5, feeling well,

relaxed, confident and ready to learn. The marble is now your very personal symbol ... of your confidence to learn and speak the natural language with a beautiful accent.

Note: This simple CRE "Instant Relaxation Technique" can be used anywhere (eyes open or closed) to achieve a calm mind ... without anger, anxiety or stress ... ready and confident to learn .. or deal with any new problem ... that you have to face. Keep the marble always to hand, as a symbol of ... our confidence ... to feel comfortable ... in the new natural language ... and to speak almost instinctively ... without stress or effort ...

SIMPLE THROAT EXERCISE - 16 KEY WORDS

(Repeat EACH Burmese WORD many times slowly ... and then at VERY high speed)

Thank you	Ce zu tin ba deh	TCHAY ZU TIM BAR DAY
Hello (a blessing)	Mingala ba	MIINGELL-AABAR
Mr/Mrs	U/Daw	OO/DOOR
Yes	Ho ke	HO KAY
No	Ma hok pu	MA HOW POO
Good	Kaung	KOWW-NG
Please	Kyei zu pyu ywei	TCHAY ZU PIYU-WAY
Good morning	Kaung thaw nan net khir ba	KOWW-NG THOR NAN NETT KHERR BAR
Do you have?	Shi thala	SHIT-TELL-ARR
Goodbye	Thwa daw me	TWA DAR MAY
See you soon!!!	Ma kys kher/Twe da paw	MA KYYA KHERR/TWAY DAR POR
Who?	Be Khin-bya le	BAY TU LAY
What?	Ba le	BAR LAY
I want	Lo chin deh	LOW CHIN DAY
When?	Be daw le	BAY DOORR LAY
Where	Be hma le	BAY HMA LAY
OK!	Kaungg bi	KOWN BYI

Note: For simplicity ... the program is mostly typed without accents!

NATURAL SUGGESTIONS

Plan to do the whole CRE in one 6 hour CRE day, with a partner or a small group. A natural speaker (if available) would be most welcome as a partner or group member. On the day before, as pre-learning (alone), play the 30 minute tape, just before sleeping, speaking all the time, completely relaxed making no conscious effort to learn anything. Try to make a rough tape of yourself speaking ... sections 2-15 ... now ... as fast as you can ... as a record of where you started ... just for fun!

After the one full day of CRE, plan revision during your NORMAL ROUTINE in the following week, for just an hour a day. Feel free to do it in any way ... that YOU know ... will suit YOU best ... and will allow you ... both to speak AND to understand ... what is spoken to you ... so relax completely ... and ABSORB ... both consciously and sub-consciously ... the very carefully selected ... 30 minute audio tape ... of new natural language ... which becomes part of you ... intuitively ... instinctively ... without effort ... as you relax with IRT and establish a very POSITIVE attitude ... and a confident EXPECTATION of SUCCESS ... just from PLAYING ... with the natural language ... Our suggested schedule for the 6 hour CRE day (with breaks as needed) is:

- 1 - Do IRT. Do the Throat exercise - 16 key words
Play the tape (30 minutes) with the text (hear, see, speak, MOVE, and feel) ... make it fun! Review the Glossary (2 pages).
- 2 - Repeat the text (Sections 2-4) to understand every word!
Play the tape with the text SPEAKING VERY LOUDLY - STOP THE TAPE AND SING OR SHOUT ANY VERY DIFFICULT PHRASES.
Do SPEED READING (2-16) in 14 minutes (recorded if possible- for fun!).
Review the Grammar (1 page) and the Glossary.
- 3 - Repeat the text (Sections 5-10) to understand every word!
Play the tape WITHOUT the text, SPEAKING IN VERY DRAMATIC style.
Repeat the Throat exercise.
Begin to create simple conversation with the Mini-phrase book (Hello etc.).
- 4 - Repeat the text (Sections 11-16) to understand every word!
Play the tape with the text, SPEAKING SOFTLY with a good accent.
Do SPEED READING (Sections 2-16) and Mini-phrase Book.

- 5 - Play the tape **WITHOUT** the text, speaking with three different voices - just for fun!. Create conversation with the Mini-phrase book.
Do **SPEED READING** (2-16).
- 6 - Play the tape **SPEAKING** with a beautiful **CONFIDENT** accent.
Do the quiz (1 page). Create conversation with mini phrase book.
Do **SPEED READING** (2-16) and Mini-phrase book 14 minutes.
Do **APS NOW** and plan for individual review next week, helping partners as needed.

GENERALLY:

1. **REINFORCE** the learning in the **CAR/TRUCK** at any time ... make it an amusing **THEATRE** of one ... **YOU!!!** ... by playing and acting out ... **ONLY** Sections 2 - 16. **DO NOT** play the relaxation sections in the car ... skip them please! Play the Learning Reinforcement side of the tape as needed for encouragement, be sure to blame your strategy, and not yourself!!
2. **RECOGNIZE** that a **TERRIBLE** accent is **PAINFUL** ... for the hearer ... and so strive always for a beautiful accent in **EVERY WORD**.
3. Be **POSITIVE** and **NEVER** apologise for your language ... you are making the effort to learn the **LANGUAGE** ... and the **HUMAN VALUES** ... and thus the **CULTURE** ... of the people you speak with ... and **THEY** will appreciate **MORE** than you can **EVEN** imagine!! If they reply to you in **ENGLISH** ... then **YOU** just **CONTINUE** to speak in the **NATURAL** new language ... and they will too ...
4. **LISTEN** very carefully to what **PEOPLE** say to **YOU** ... and **BEFORE** replying ... **REPEAT** in **YOUR MIND** ... **EXACTLY** what they said ... this gives you excellent **PRACTICE** in recognising good **STRUCTURE**.
5. **HESITATE** before you **SPEAK** ... and then speak **FREELY** and **CONFIDENTLY** ... without long pauses and ... **WITHOUT** ... "Urrs and Umms" which are so **ANNOYING** and **BORING** ... for the listener ...
6. When you do not know a necessary word ... do **NOT** hesitate ... simply **USE** the **ENGLISH** word ... in the sentence ... the hearer will almost certainly give you the translation ... and you can repeat it ... three times to get it right ... without embarrassment. Use the **LEARNING REINFORCEMENT** as needed but

not in the car!

7. Use **SIMPLE SHORT** sentences and be **CONFIDENT** as you begin to talk to people ... expect **SUCCESS** ... and you will **NOT** be disappointed ... and try just one **MORE** new thing ... just for fun in this one week ... drink one litre of **WATER EVERY DAY** ... it rinses mind and body and has a **REMARKABLE** preventive/curative therapeutic effect ... to support new learning ... on we go together.

8. Make your **OWN APS AUDIO TAPE** a key learning tool for you!

1. GENTLE RELAXATION ...

And now ... I'd like you to arrange yourself ... in a position that is so comfortable ... and natural ... for you ... so that you can sit ... or lie ... for a while ... easily and effortlessly ... and where you can be comfortable ... and yet still remain alert enough ... to focus on the meaningful ... natural language learning ... that we will do together ... natural language ... gentle ... quiet ... peaceful ... and instinctive ... without any effort ... as you absorb its deepest meaning ... interpretation ... and value ... in terms of very personal expectations.

And then when you are ready ... to focus yourself ... you can begin by taking a few deep relaxing breaths ... breathing slowly ... and feeling the rise of your chest ... as you gradually inhale ... feeling that each breath in ... and out ... relaxes you ... calms you ... and re-acquaints you ... with deeper parts of yourself that you are sometimes too busy to notice.

You know ... and I know ... it's very easy ... to get caught up in day to day living ... there is so much to do ... and now is your time ... and I would like you to allow your eyes to close ... as you start to build ... an internal focus ... within yourself ... on those parts of yourself... that will absorb the natural language ... gently ... peacefully ... and instinctively ... almost automatically ... as you ... let yourself go ... relax ... without conscious effort ... because you have nothing ... to do ... now ... except relax ..

And as we go on together ... repeating the phrases ... in the natural language ... with your whole body involved ... moving hands and face ... feelings and body ... to express ... and absorb the words and phrases ... as they will come ... instinctively ... to your mind ... as you speak softly ... with a beautiful accent ... yes ... with a beautiful accent ... which will please and surprise you... as it fits the music ... of the natural language

So on we go together ... speaking all the time ... and moving hands, face feelings and body ... to express ourselves ... in the new natural language (no English please) ... as you create new wave patterns ... in that special... "Burmese Place" ... in your mind.

(Challenge ... check with a natural speaker ... and feedback ... please)

2. HERE AND THERE (dima/ homa):

Ch-naw (I) dima (here)

I (male)(am) here.

Ch-ma dima

I (female) am here.

Khin-bya homa (there)

You (are) there (male).

Khin-bya homa (there)

You (are) there (male).

NOTE: For simplicity CRE uses mainly the male format (kin-Khin-bya) but be sure to use "kin-ma" when speaking with a lady!! Otherwise we can use "THU" for you or he or she!! Good time NOW to check out APPENDIX C - BRIEF GRAMMAR!

Khin-bya homa la (question)?

Are you there?

Ho ke, Khin-bya (you) homa

Yes, you are there.

Khin-bya dima la?

Are (you) here?

Ma hok pu!! Khin-bya dima ma hok pu
(not).

No!! you are not here.

NOTE::

The CRE uses "No" just for learning the language. But in Burmese but it is NOT polite to say "No"!!! So just use a negative phrase: "Khin-bya ma hok pu", without saying "Ma jok pu" which means "No".

Thu (he) dima

He is here.

Thu (he) be maleh?

Where is he?

Thu dima

She is here.

Thu ma (she) dima la (question) ? Is she there?
Ch-naw mah (not) thi (know) bu (not). I do not know.

Miguel be maleh? Where is Miguel?
Thu be maleh? Where is he?
Ch-naw (I) mah thi bu. I do not know.

Thu dima. There he is!

(Note: Khin-bya theiq (very) kaung (good) deh (emphasis)! He is very good!)

3. LIKING (chai-te):

Ky-naw (I - male!!) khin-bya (you) go (to) chai-te I like you.
(like)

Note: But NEVER say this in public to a lady it has romantic implications which-may be hard to meet! CRE uses these phrases just for practice.

Khin-bya (you) ky-naw (I) go (to) chai la (question)? Do you like me?
Ho- kei (yes), ky-naw (i) khin-nya (you) chai-te (like). Yes, I like you.

Khin-bya (you) Khin-bya-nwe (money) chai-te? You like money?
Ho-kei, ky-naw (I) nwe (money) chai te. Yes, I like the money.

Ky-naw yey (water) chai-te I like water.
Khi-bya (you) yey chai la. You like water.
Ky-naw di (this) sa-ok (book) chai-te. I like the book.

Thu di car chai-te.

He likes the car.

Thu-ma di (she) car ma chai-phu (not).

She does not like the car.

Khin-bya di asar (food) chai-te la (question)?

Do you like the food?

Hint inn!. Ch-nake (I) di asar ma chai-phu.

No! I do not like the food.

Note: Use "THU" as a politeness for all or:

Male - I - ch-naw, YOU - khun-bya, he - THU

Female I - ch-ma, YOU - ma-kin, she - THU-MA

O. Aii! Shi!

Oh. Aii! MERDE!

Chi zu phu yue (please), haw bya "MERDE" lo ma
(not) pyo (say) ne

Please do not say MERDE!

Note: We have not yet agreed on the Burmese for
"MERDE" (French) so we have to leave out the joke!

4. DOING (lok):

Ch-naw (I) lok deh.

I do.

Ch-naw da lok deh (this).

I do this.

Khin-bya (you) lok deh.

You do.

Khin-bya da lok pa (request).

You do that

Chno do da lok deh.

We do that

Ch-naw do pior deh (happy).

And we are happy.

Dah lue (easy) the (emphasis) la?

Is it easy?

Hokei, ma (not) kat (difficult) pa bu (not).

Yes, it is not difficult.

Thu (he) da lok the la?

Does he do that?

Chi zu phu yue (please), kin hya da lok pa,

Please do that!!

Aii!!!

Daarn!!!

Theiq (very) kaung (good) deh (emphasis)!

It is very good!

5. CAN DO/ABLE TO DO (nin):

Ch-naw lok (do) nin deh (emphasis).

I can do.

Ch-naw lok nin la?

Can I do?

Hokei, ch-naw lok nin deh.

Yes, I can do.

Khin-bya dhi ha (this) lok nin la?

Can you do this?

Hokei, dhi ha (that) ch-naw lok nin deh.

Yes, I can do that.

Ch-naw ne ne ley (little) sa (eat) nin deh.

I can eat a little.

Ch-naw ne ne thauk (drink) nin deh.

I can drink a little.

Ch-naw thwa (go) nin deh.

I can go.

Ch-naw la (come) nin deh.

I can come.

Ch-naw eyk nin deh.

I can sleep.

Khin-bya pyo (speak) nin deh.

You can speak.

Khin-bya pyo nin the la?

Can you speak?

Hokei, ch-naw pyo nin deh.

Yes. I can speak.

Khin-bya dhi- ha (this) lok nin tha la?

Can you do this?

Ma hok pu!!! Ch-naw dhi ha (that) ma lok nin bu (not)

No!!! I cannot do that.

NOTE:

The CRE uses the word "No" for learning BUT in Burmese it is NOT polite to say "No"!!! So just use the the negative phrase, without first saying "NO (ma hok pu), please!

Khin-bya na-le (understand) nin deh la?

Can you understand?

Khin-bya na-le la?

You understand?

Hokei, ne ne nale deh.

Yes, a little.

Khin-bya "MERDE" pyo (say) nin deh la?

Can you say MERDE? (just for fun!!!)

Hokei, ch-naw Myanmar lo (emphasis) ne ne pyo-nin deh.

Yes, I can speak a little Burmese!

Aii! Ch-naw theig (very) kaung (good) deh (emphasis)!

Darn! I am very good!

6. UNDERSTANDING (na-le)

Ch-naw na le deh.

I understand.

Ch-naw na-ma-le (not) bu (not).

I do not understand.

Khin-bya na le deh.

You understand.

Khin-bya na-ma-le bu.

You do not understand.

Khin-bya meyn-ma (women) achaung (about) na-le la?

Do you understand (about) women?

Ma hok pu!!! Ch-naw Khin-bya-do achaung na-ma-le bu!

No!!! I do not understand them!!!

O, Aii! Shi!

Chi zu phu yue (please) Shi lo ma (not) pyo (say) ne.

Khin-bya theig (very) kaung (good) deh (emphasis)!

Oh. Daarn! MERDE!

Please do not say MERDE!
(even for fun!!!)

You are very good.

7. WANTING (chin):

Ch-naw lo chin deh.

Ch-naw pa-mon (bread) ne ne (little) sa (eat) chin deh.

Ch-naw yey (water) ne ne thauk (drink) chin deh.

Ch-naw ain-tha (toilet) thwa chin deh.

Khin-bya nene sa nin deh la??

Ma hok pu. Ch-naw ma sa (eat) chin bu.

Aii! Ch-naw kinbya go ne ne pey (give) nin deh.

Oh!! Ce zun tin ba deh.

Ch-naw la nin deh.

Khin-bya eyk (sleep) nin deh la?

Ma hok pu. Ch-naw ma eyk nin bu.

I want.

I want to eat a little bread.

I want to drink a little water.

I want to go to the toilet!!!

Do you want to eat a little?

No, I do not want to eat.

Aii! I want to give you a little bit.

Oh!! Thank you.

I want to come.

Do you want to sleep/make sleep?

No!!!I do not want to sleep.

Miguel, Khin-bya (you) pha (frogs) lo chin deh la?

Miguel do you want the frogs?

Aii! A ku ma hok pu. Ce zun tin ba dehh.!

Aii! Not now, thank you!

Ky naw doh theig (very) kaung (good) deh (emphasis)! We are wonderful!

8. GETTING (pey/you):

Chi zu phu yue (please), ch-naw go (to) paik san (money) pey ba.

Please give me the money.

Chi zu phu yue, paik san yu (take) ba.

Please take the money.

Ch-naw paik san yu deh.

Yes, I take the money.

Chi zu phu yue, ch-naw go (to) le-mat (ticket) pey ba..

Please give (me) the ticket.

Chi zu phu yue, le-mat yu (take) ba..

Please take the ticket.

Ch-naw le-mat yu deh.

I take the ticket.

Chi zu phu yu, ky-naw go (to) pyit si (thing) pey ba.

Please give me the thing.

Pyit si be-ma-leh?

Here is the thing?

Ch-naw mah (not) thi (know) bu (not)

I do not know.

Chi zu phu yu, ky ma go (to) yauk-kya (man) sha pey ba.!

Please find me a man!

Aii!!! Dimeyn-na!

Darn!!! What a woman!!

THu-ma theig (very) kaung (good) deh!

She is very good!

9. HAVING (shii):

Ch-naw pyit si tiq (1) khu shii deh (have).

I have one thing.

Ch-naw hona pyit si ma shii bu.

I do not have one thing.

Khin-bya pyit si tiq (1) khu shii deh (have).

You have one thing.

Ky naw pyit si ma-do tiq (1) shii deh.

We have one thing.

Thu-ma pyit si tiq (1) khu shii deh.

She has one thing.

Ch-naw a chin (time) ne ne shii, Nyi-nel!

I have a little time, Miss!

Khin-bya paik san (money) ne ne nwe shii la, U?

Do you have some money, Sir?

Ma hok pu!.

No.

O Shi!

Oh. MERDE!

Chi zu phu yue (please) SHI lo ma (not) pyo (say) ne.

Please do not say MERDE!

10. ORDERING POLITELY (chi-zu-phu-yue):

Chi zu phu yue (please), ch-naw go (to) ha dihn pyit-si (thing) pey ba.

(Please) give me the thing.

Chi zu phu yue (please), ch-naw go (to) paik-san (money) pey ba.

Please give me the money.

Chi zu phu yue (please), ch-naw go (to) yey (water) pey ba.

Please give me the water.

Chi zu phu yue (please), E France hma, yey (water) i yey (drink) ma thang ne.

Please don't drink the water in France!!

WINE yey (drink) beh.

Drink the wine.

Chi zu phu yue (please), di ko la (come) ba

Please come here.

Chi zu phu yue (please), ho go cwa ba (go).

Please go there

Chi zu phu yue (please), thauk (drink) ba.

Please drink this.

Dmi-he ma sa ne.

Do not eat that!

Chi zu phu yue (please), ch-naw go dhi ha pey (give) bah.

Please give me this.

Chi zu phu yue (please), dhi ha (that) ma yu ba ne (not).

Please do not take that.

Chi zu phu yue (please), dhi ha pyo (say) ba.

Please say this.

Chi zu phu yue (please) Chi lo ma (not) pyo (say) ne.

Please do not say MERDE!

Aii!! Khin-bya theig (very) taw (good) deh!.

Damn it!! You are wonderful!

11. GREETING (polite and slang):

Mingala ba, Michael!

Hello Michael!

Ne kaung la, Paula.

Hello Paula (how are you) .

Mingala ba, Miche.

Good morning Miche.

Ne kaung la, Sancos.

Good morning Sancos.

Ne kaung la, Eliza?

How are you, Eliza?

Ne kaung ba deh Khulu.

I am well, thank you, Khulu.

Ne kaung la , Xavier?
Hokei. ce zun tin ba deh Miguel.

How goes it, Xavier?
OK , thank you Miguel.

Tata, Giles.
Tata, Judith.

Goodbye (that is it!) Giles.
Goodbye Judith.

Hokei. Hokiei. Hollie
Theiq (very) kaung (good) deh,

Yes OK, Hollie.
It is wonderful!

Hola, Sam?
Hokei. OK , Lucie.

OK Sam?
Yes OK, Lucie.

Ma soe bu, Henri.
Be la ne lee, ah chit?

Not too bad, Henri.
Are you well, my darling?

Ma hok pu!
Aii!! Thu-ma theiq (very) taw (good) deh.

No!!!
Daarn!! She is wonderful!

12. DESCRIBING (deh):

Diha kaung (good) deh,
Diha ma kaung bu.

It is good.
It is not good.

Diha ma kaung bu.
Di ha sa-ok beh.

It is bad (not good).
It is a book.

Diha kyi (big) deh la, U?
Ma hok pu. Diha nge deh, Nyi-ma.

Is it big, Sir?
No, It is small, Miss.

Diha loew deh la?
Ma hok pu. Diha khet deh.

Is it easy?
No, it is hard.

Yey kaung (good) deh la?
Ma hok pu!. Yey Pyin Thiel Pyi ma, ma kaung bu!

Is the water good?
No, the water is not good in France!!

O Shi!!!
Chi zu phu yue (please) Shi lo ma (not) pyo (say) ne.

Oh MERDE!!!
Please do not say MERDE!
(never never never!!)

Khin-bya-ma theiq (very) kaung (good) deh la? Are we wonderful?

Are we wonderful?

Aii! Hokei!

Aii! Yes!!

13. KNOWING THINGS & PEOPLE (thi):

Ch-naw dhi (this) ha thi deh.
Khin-bya thi la?

I know this.
Do you know this?

Hokei, ch-naw di ha thi deh .
Khin-bya ho-he thi la.

Yes, I know this.
You know that.

Khin-bya ho-he thi la (question)?

Do you know that?

Ma hok po!! Ch-naw ho-he ma thi bu.

No, I do not know that.

Ch-naw ho meyn ma ko thi deh.

I know that woman.

Ch-naw dhi yaukyo ko thi deh.

I know the man.

Thu ch-naw-go thi deh.

He knows me.

Khin-bya dhi ho meyn-ma ko thi la?

Do you know that woman?

Ma thi pu!! Mingala ba, Ah Daw?

No!! Good morning Madame?

Nay kaung la, Ah Daw?

Are you well, Madame?

Ma hok pa!! Ch-naw ne ma kaung bu. Tata!!

No, I am not well!!

Goodbye!!!

Khin-bya ma Khin-bya-ma (her) ko ma thi la!

You do not know her!

Aii! Khin-bya-ma theig (very) kaung (good) deh!

Daarn! She is wonderful!

14. NUMBERING (nan buk)

Ch-naw pya tha na tig (1) ku shii deh.

I have one problem.

Hokei. Khin-bya pya tha na tig (1) ku shi deh.

Yes, you have a problem.

Ma hok pu!. Khin-bya hniq (2) ku shii deh.

No, you have two (of them).

Thu thoun (3) ku shii deh.

He has three.

Thu-ma lay (4) ku shii deh.

She has four.

Ky naw do nga (5) ku shii deh.

We have five.

Khin-bya nga (5) khu shi la?

Do you have five?

Hokei, aku (now) ch-naw hona pya tha na nga (5) ku shi deh.

Yes now I have five problems!!!

Ka lee dway!

All the children!

Ka lee dway theig (very) kaung (good) deh!

Children are wonderful!

15. ASKING

(beh-lauq-leh/be-leh/bethu-leh):

Dhi sa-ok (boo) beh-lauq-leh?

How much is the book?

Nga dollar.

Five dollars.

Dhi pyit-si (thing) beh-lauq-leh?

How much is this thing?

Beh-lauq-leh?

How much?

Lay dollar.

Four dollars.

Ho pyit-si be--hma-leh?

Where is it (the thing)?

Pyit-si homa.

It is there.

Ma hok pu!!. Pyit-si homa ma shi bu.

No, it is not there.

NOTE:

The CRE uses "No" for learning, but it is not polite to say "No"!!! So just use the negative phrase: "Khin-bya ma hok pu" without saying "Cha naw mah", please!

Ain-tha be-hma leh?

Where is the toilet
(please)?

Ain-tha homa ba.

The toilet is over there.

Ho ha ba-leh?

Pardon. Ba-lehi?

Dhi-he.

O, sa-ok kaung deh.

Khin-bya ba-leh chin deh (want)?

Ch-naw wine lo chin deh.

BeKhin-bya homa leh?

Ky-naw-do dima ba(are).

Note: Some informal comments on the tape here, may or may not be helpful.

Ho meyn-ma ba Khin-bya la?

Ch-naw mah (not) thi (know) bu (not).

Aii! O thu-ma Madonna deh!

Ta-geh meyn-ma!! Thu theig (very) kaung (good) deh,

16. EVERYTHING - COLLOQUIAL (with slang)

Ch-naw lok (do) nin deh (emphasis).

Ch-naw (I- male) dima (here)

What is that?

Pardon. What?

That.

Oh, it is a good book.

What do you want?

I want the wine, please.

Who is here?

We are here.

Who is that woman?

I do not know.

Daarn! It is Madonna!

What a woman! She is wonderful!

I can do.

I (male) (am) here.

Khin-bya (you) homa (there)

You are there.

Ch-na khin-bya (you) chai-te (like)

I like you.

Khin-bya paik-si (money) chai-te.

You like money

Thu da lok dhi (this).

He does this.

Do lok pa (request).

You do that

Khin-bya shi (MERDE) pyo (say) nin deh la?

Can you say MERDE?

Hokei, ch-naw Myanmar ne ne la pyo nin deh.

Yes, I can speak a little
Burmese!

Ky naw khin-bya go na le deh.

I understand you.

Khin-bya (you) kyOnaw go, na ma le bu.

You do not understand me.

Ch-naw khin-bya achaung (about) na le deh.

I understand (about) you.

Khin-bya na-ma-le bu.

You do not understand.

Ch-naw BAR thaw chin deh.

I want to go to the bar!!

Khin-bya ain-tha (toilet) thwa chin deh.

You want to go to the
toilet!!!

Ch-naw ah-char ne ne be shi-de, Nyi-ma!

I have a little time, Miss!

Khin-bya nwe ne ne shii la, U?

Do you have some money,
Sir?

Chi zu phu yue (please), e France, yey (water) ma
yey (drink) ne.

Please don't drink the
water in France!!

Wone thauk (drink) ba.
Shin (female), Eliza lah?
Ne joun ba deh Khulu.

Di ha chi (bug) deh la, U?
Ma hok pu. Nge deh, Nyi-ma.

Khin-bya ma go-ma (her) thi bu!
Aii! Thu-ma theig (very) kaung (good) deh!

Hokei, aku (now) ch-naw hma tha nga khu shii deh.
Ka lee day!

A da ba-leh?
Pardon. Ba-lehi?

Homa beh.
Ma so bu.

Aii!
OK?

Hokei, thu mi (cool) deh.
Hokei thu mi-te (cool) deh!

Hokei, thak so bu!
Hokei, OK beh. Pi daw (OK)

Drink the wine.
How are you, Eliza?
I am well, thank you, Khulu.

Is it big, Sir?
No, It is very small, Miss.

You do not know her!
Aii! She is wonderful!

Yes now I have five
problems!!!
All the children!

What is that?
Pardon. What?

There it is.
Not bad.

Daarn!
OK?

Yes, it's cool!
Yes, it's cool!

Yes, it's not too bad.
Yes, it's OK.

Chi zu phu yue, "shi" lo ma (not) pyo (say) ne.
Ma mi bu!

Please do not say MERDE!
It is not cool (upper class)!!!

Theiq (very) kaung (good) deh la?
Hokei Khin-bya theiq (very) kaung (good) deh!

Wonderful?
Yes you are wonderful!

Ma kyar kh in twe mae!

See you soon! Bye bye.

Note: Speed reading - 14 minutes

17. CLOSING

Now of all the things ... your mind ... has been playing with ... to create new ... wave patterns ... in the natural language ... from ... here and there ... liking ... doing ... can ... understanding ... wanting ... getting ... having ... ordering... greeting ... describing ... knowing ... numbering ... asking ... and ... everything ... I wonder which things ... you will bring back ... to stay deep within you ... so easily available ... to you ... in that special "Burmese place" ... in you mind ... as needs arise ... without conscious effort ...

Just naturally ... in your own way ... as part of you ... instinctively ... as that new part of you ... grows ... stronger and stronger ... you will begin to speak with a beautiful accent ... so easily ... reinforcing your learning ... with a gentle quiet confidence ... which will surprise you ... and such a beautiful accent ... of which you will be proud ... to fit the music of the natural language ... will surprise you even more ... and more ... as you repeat the CRE ... so that ... in every day ... in every way ... you get ... better and better ...

And now as you choose ... to do something ... that makes you feel so comfortable with yourself ... something you will feel more and more ... able to do ... so that you feel ... even more comfortable ... and confident ... naturally ... in your own way ... you can take whatever time you need ... just to process your thoughts ... in your own special way ... and to bring this experience to a comfortable close ...

You will feel well ... and you will begin ... to feel confident ... about the future ...and about making progress ... in the natural language ... in your own natural way ... and you will find such joy ... in speaking so gently ... with growing confidence ... and experience ... which will add ... a new exciting quality to your life ... because ... with every new language you learn ... you do add a new quality to your life ... in that special ... Burmese Place " on your mind ...

And when you feel ... you are ready ... and you want to ... you can start the process of reorienting yourself ... bringing yourself back ... taking your time ... and when you are ready ... you can fully orient yourself ... and allow your eyes to open ... feeling well ...and happy ... because ... and you will begin to experience confidence ... more and more ... because ... from now ... in every day ... in every way ...you will ... be getting ... better and better ...

And as we end each CRE session ... 30 minutes has just flashed by ... to be repeated ... and enjoyed ... many times ... relaxed ... calm and confident ... of achieving a beautiful accent ... that becomes natural for you ... with learning that is efficient and effective ... so from now on ... be positive ... and with a positive expectation of success ... surprise yourself ... as you feel the continual support ... our Team ... in Bayonne, France on August 15, 2001 ... and of course ... as in all our things ... we do ... as ever ... wish you ... God Bless ...

18. NATURAL VOCABULARY:

(Challenge ... check with natural speakers ... make corrections... and feedback ... please)

a. Greetings/ Exclamations:

hello	good morning	how are you?	I am well	thank you
mingala ba na kaung la	mingala ba	kamya (m) na kaung la? shin (f) na kaug la?	ne kounbar deh	ce zu tin ba deh
goodbye	yes	no	OK	not too bad
thwa daw me	ho ba	ma hok pu	kaung byi	ma so babuu
Daarn!	Mate!	there it is!	"Cool"!!!	welcome
tung- ban	Ah phaw	ho mhar	mi/mite	joo so ba dae

b. Verbs :

to be	have	like	want	can
pyit	shii	ko chin	chin	nin
do	say/speak	go	come	give
pyu lok	pyo/saga-pyo	thaw	la	pey
take	eat	drink	sleep	know (things/ people)
yu	sa	thauk	eyk	thi

understand	must	possible	see
na le	loh/a may	pyit may	myin

c. Prepositions:

some	a	the	to	from
t'cho	-	dhi	go/tho	ga

d. Pronouns:

I	you	he	she	we
ch-naw/ch-ma	khin-bya/ma-kin	Khin-bya	Khin-bya/ Khin-byama	ch'naw do

it	this	that	Mr	Mrs.
pyit-si (thing)	thi	to/ho	U	Daw

e. Nouns:

money	thing	man	woman	water
nawe/paik san	pyit-si/a-ya	yauk-kya	meyn-ma	yey

car	ticket	book	friend	time
kar	le-mat	sar-ok	Khin-bya ngy chin	kar-la/a-chine

f. Adjectives/
adverbs/
Other:

good	bad	big	small	now
kaung	ma kaung/so	kyee	nge /thay	yakhu
later	a little	wonderful!	happy	here/there
nauk hma	ne ne	htoo char/ san kye	wan tha	dima/homa

g.
Interrogatives
:

how much?	where?	what?	who?	when?
beh lauq leh	be le	ba	beKhin-bya	be daw le

h. Numbers:

one	two	three	four	five
tiq/ta	hniq/hna	thoun	le	nga
six	seven	eight	nine	ten
chauk	kuhniq	shiq	koe	taseh
hundred				
taya				

i. And some survival words:

Easy/difficult (lwe/khet)
toilet (aein thar)
fun (a pyaw)
but (tho thaw)
never (ta-ka mya-ma)
food (sa-zya)
train (ya-ta)
bus (kar)
home (aein)
work (yone)
time (a chein/nar yee)
today (ya ney)
tomorrow (ma net pyan)
paper (sa yet ywer)
newspaper (thandin sa)
day (nay)
week (a-bar)

year (nit)
hour (nar yei)
minute (minit)
hamburger (par mont ah thar hnut)
think (sin sar)
remember (the di ya)
read (pat)
write (yet tha)
laugh (ye)
dance (ka)
stop (yat)
policeman (a-mu-dan)
mate (a-phaw)
see you soon (ma kyar khin twe mae)
bye bye (tata)

19. NATURAL FEEDBACK AND NEW IDEAS

(to www.crelearning.com)

1. HOW LONG DID YOU TAKE TO STUDY THE CRE?

2. WHAT WAS GOOD ABOUT IT?

3. WHAT WAS BAD ABOUT IT?

4. WHAT NEW IDEAS?

5. HOW CAN WE HELP YOU IN THE FUTURE?

20 - DAILY MINI PHRASE BOOK - ROUGH TO BE CHECKED

. Speed reading - 4 minutes))

(Challenge ... say it all with a natural speaker ... make corrections... and feedback to us ... please)

BASICS:

Welcome	Kywa bar
Hello	Mingalaba/kaung yeh la
Yes/no/not	Ho ba/mahokpu/ma
Please	Kye zhu pyu yeu
Thank you.	Ce zu tin ba deh
Excuse me	Khwint pyu bar

INTRODUCTIONS:

Good morning	Kaung thaw nan net khin bar
Good-bye.	Thwa daw me/Kaun ba bi
My name is ...	Kya naw(m)kya ma(f) nan mei....lo kawba deh
What is your name?	Kya ma(m)/ shin(f) nameh behlo kawdhaleh
How are you?	Kamya(m)/ shin(f) ne kaung yeh la?
I am well, thanks	Ne koun bar deh, ce zu beh
How about you?	Kya ma yaw(m)/ shin-yaw(f) ne kaun yeh la?
Where are you from?	Kamya(m)/ shin(f) behma nedhaleh

I'm ...:	Kya naw(m)/ kya ma(f) pye hma ne ba deh
French	pyinthiq
English	ingaleiq
American	a-me-rikan

QUESTIONS:

When/how?	Be daw le/ be lauk?
What/why?	ba/ba jaung le?
Who/which?	Be Khin-bya/be thin?
Where is/are ...?	be le?
Where can I find ...?	Behhmaleh
How much is ...?	beh-lauq-leh
Can you help?	Kuu nyi naing the lar?
What does this mean (do)?	Bar go so lo dar le?

UNDERSTANDING:

I understand	Na leh ba deh.
I don't understand.	Na ma-;eh ba bu.
Please say it again	Pyan pyaw ba oun.
What is this in Burmese?	Da Bama-lo beh-lo ka-aw dhaleh??
I want ... (please)?	Lo chin deh ...
You can speak English?	Kdmud In-galeiq-zaga, pyaw daq thala?
I cannot speak Burmese.	Ba ma gaga ma pyaw dag bu.
I only speak a little ..	Neh-neh pyaw daq da deh.

COMMENTS:

It's:

better/worse
big/small
cheap/expensive

good/bad
hot/cold
near/far

Pyit si (the thing) ... deh:

kaung-kaung/tha yuey so
kyee/nge
arzan/qimat

kaung/ma kaung
garm/sard
ni/wey

FOOD:

Please bring a:

breakfast
lunch
dinner.

Yu pe ba ...

maneg-sa
neleh-za
nya-za

I want:

bread/butter
cheese
eggs
meat/potatoes
apples/oranges
coffee/tea
milk
orange juice

Lo chin deh ...

pa mon/htaw bat
chiz
kyet
a-tha/a-lu
pan-thi/lein maw-dhi
kawfi/pa phet yey
no
lein-maw-yeh

water

ye

Give (me) the bill please.

Bill pay ba.

It is good.

Kaung deh.

TRANSIT:

Where is the market?

Ze (market), beh-hma leh?

Where is a taxi?

Annga-ka (taxi), beh-hma-leh?

How much is it to ...?

thwa-yin beh-lauq-leh?

Take me to this address.

Di leik sa go thwa ba

Please stop here.

Di-hma yaq-pa.

This is not right.

Da ma hman bu.

Straight ahead.

Shi te te

It's there:

Homa ...

left/right

be/nya

next to/after

a-ni-zon/nauk-ma

north/south

myauk/taung

east/west

a-shey/a-nauk

Where is the:

beh-hma-leh?

center

myo le

pharmacy

se-e-zain

SHOPPING:

Do you have ...?

... shi la?

How much is this/that?

... beh-lauq leh?

I take it.

Da yumae.

Colours?

A yaung?

Black

me

Blue

a-pya

Red

ni

White

pyu

Yellow

wa

Green

seyn

Where can I buy ...?

... beh-hma weh-ya maleh?

aspirin

eq-saparin

soap

s-aq-pya

kilo apples

pan-dhi

litre of milk

no te litre

film/newspaper

yoke shin/thadin sa

TELEPHONE:

Hello, I am ...

Hallo, a-khu pyaw nay dar ...

Please speak more:

Hpyay hpyay pyaw nine

louder

kye kye

slowly

bhuye bhuye

Who do you want?

Be lo chin le?

I want ...:

Mr.

Mrs.

Miss

When is he there?

Ask him to phone me, please?

Lo chin de:

U

Daw

Ma

Thu be ah chein hona shi ma de?

Thu go phone, kye zhu pyu yeu?

TIME:

Do we have a little time?

What time is it?

The time now is...

9.00

9.05

9.30

9.40

Ah cheir shi la?

Be-deh-ein shi-bi leh?

Aku ... shi-byt::

Koee naryi

Koee naryi nga minit

Koee naryi khwe

Koee naryi lay-hse minit

MEETINGS:

We want a meeting:

today

tomorrow

next week

in the morning

in the afternoon

in the evening

tonight

soon

Ch-naw do ah si a way lo:

di-ne

maneq p-yan

nauq apaq

maneq

mun-lwe a-cheyn

ray

nya

my ma kya

You are right/wrong.

Khin-bya man de/hma de

That is right!

Hman laiq ta!

LOCATIONS:

Here/there

Di-ma/ho-ma

At the office

yo ne

Is it near or far?

Dima ni/vey?

How many hours to go there?

Ho thura bo be hnit na yi lo the de?

**APPENDIX A - ROUTINE FOR ACCENT IMPROVEMENT
AND LONG TERM RE-INFORCEMENT AFTER ONE MONTH -
TRY TO WORK WITH A PARTNER AND A NATURAL SPEAKER
FOR JUST ONE DAY MORE**

RELAX with ... a very POSITIVE attitude ... and a very confident EXPECTATION of SUCCESS ... in just one more day ... of PLAYING with the natural language ... instinctively ... naturally ... completely relaxed ... with no stress or effort ... just play!

Our natural suggestions are:

1 - Play YOUR APS. Then play the LEARNING REINFORCEMENT audio tape. Do IRT and the Throat exercise. Study the Brief Grammar and Mini-Phrase Book to understand every word. THEN make a recording of sections 2-15 at high speed - your starting point! DO NOT ERASE IT. Then SPEAK with the tape. LIST your five key problems!

2 - STUDY the text (Sections 2-16). Then SPEAK LOUDLY and then very SOFTLY with the tape. SPEED READING (2-16) in 14 minutes. USE the Mini-phrase Book for easy interactive conversation

3 - SPEAK in THEATRICAL style with the tape and text together. Do SPEED READING (2-16) in reverse-mode in 12 minutes. USE the Mini-phrase Book for easy interactive conversation

4 - SPEAK with tape and text. For difficult words/phrases ... stop the tape ... and repeat the word/phrase many times ... singing and shouting! Review your five problems.

5 - USE the Mini-phrase Book for easy interactive conversation. Then do it as SPEED READING (reverse-mode) in 4 minutes. SPEAK with tape and text using three different voices ... just for fun !.

6 - SPEED READING (2-16) in 8 minutes. Review your five problems. LISTEN to your recording and laugh Then SPEAK with the tape ... with a beautiful CONFIDENT accent. Email your feedback to www.crelearning.com.

APPENDIX B - ADDITIONAL VOCABULARY SELECTED TO MEET THE SPECIAL NEEDS OF EACH CLIENT ORGANIZATION

(100 WORDS - Special Vocabulary for UNHCR)

(Challenge ... insert Burmese ... check with a natural speaker ... and feedback ...
please)

English	Pashto	Dari	Burmese
Airport	hawaa dagar	maydaan-e hawaa-i	
Army	pauz	fauj/ordu	
Asylum	panaah	pamaah	
Border	pdlay	sarhadd	
Camp	dd kaamp	kaamp-d	
Children	muchouman	awladah	
Clothing	jama	poxaak	
Cooking pot	chainaq	dd paxdy loxay/deg	
Cooperation	hamkari	pd gdda kaar kawdl	
Customs	gumruk	gumruj	
Delay	nawakta	dzandy	
Detention	ndzar-band	tawkif	
Development program	dd wadi prograam	prograam-d ynkyshaafi	
Displaced persons	be-zaya shdwi xaldk	be-jaa shodygaan	
Electricity	breshna	brexnaa	
Emergency	hajol	ber-dndy pexa	
Expulsion	shar-dl	kharej/zxraaj	
Family	koranay	hekraaj	

Government	hokumat	hokumat
Grandparents	padar kalan	padar wa maser kalan
Handicapped	saya	ma-yub
Health	roghtyaa	seat/syhat
Hospital	roghtun	shafakhana
House	kor	khana/kor
HQ	mankaz	mankae
Human rights	dd bashar hakkuna	hokuk e bashar
Husband	mehra	shwahan
Legal protection	kaanuni saatdna	hymayat e kano
Malnutrition	bada ghdzaa	sou-e taghziya
Material assistance	maadi komak	komak-e mawadi
Ministry	wdzaarat	wezarat
Nutrition	ghdzaa	taghziya
Pain - days/ weeks	dard worat	dard e ruz/hafta
Pain - months/ years	dard hafta	dard e mo/sol
Pain - treatment	dard mehda	dard e ta-dow-wi
Pain - arms/ legs	dard bazou/paie	dard e dest/pal
Pain - chest	dard sina	dard e sina
Pain - ears/ eyes	dard gauche/ sterguee	dard e goch/cheshom
Pain - hands/ feet	dard daste/paie	dard e dest/pai

Pain - head/ neck	dard sav/gardan	dard e sar/ghardin
Pain - stomach	dard mehda	dard e meda
Persecution	zawrawdi	aziyat
Petrol	tel	petrol/tel
Police-station	dd polis st- eshan	sar-mammuriyat-e- police
President	mdshir	ra-is
Prison	bandy-khana	zyndan
Province	ayaalat	wela-yate
Reception centre	dd melma paaldne	mahal e pazirahi/
Refugee	mohajer	panahenda
Representative	astaazy	nema-yandghi
Rural	da kdll	?
Sanitation	hyfzu-syhna	hyfzu syhha
Shelter	rijdi	panaga
Status	haysiyat	haysiyat
Tent	rijdi	gihejdi/khayma
Torture	shekanja	shykanja
Town	khar	shahr
Transportation	transport	transport
Travel Docs	sdd safar sanaduna	sdd safar sanaduna
Tribe	t-dbdr	kabila
Truck	lan mot-dr/lari	motar-d laar/lari
Urban	dd khari	dd khari
Village	kday	karya

Voluntary repatriation	pd rdzaa-sara	berta legal
War	jagara	jangue
Water	aaba	aab
Wife	kaza	zawja/khanom

APPENDIX C - BRIEF GRAMMAR

(Challenge ... check with a natural speaker ... and feedback ... please)

1. Structure - subject, object and verb:

CH'NAW dima.

I am HERE

Thi KHA-LAY dima (deh).

The CHILD is here.

Kha-lay dima?

IS the child here?

2. Articles:

Kha-lay TIQ-YANK dima.

A child here is.

3. Nouns:

Kha-lay-DURAY dima.

The CHILDREN are here.

LEIN-MA-DE kha-lay dima.

The GOOD child is here.

THUS kha-lay ba.

HE is a child.

4. Possession:

Thu CHNAW-YE kha-lay ba.

He is MY child.

5. Relative:

SHE-DE kha-lay dima.

The child WHO here is.

6. Demonstrative:

HO kha-lay HOMA (there).

THAT child is THERE.

7. Interrogatives:

Thi a-ya BA le?

WHAT is this thing?

BETHU le?

WHO is that?

Kha-lay BAI-HMA le?

Sarok (book) BEH-LAUQ-LE?

WHERE is the child?

HOW-MUCH IS the book?

8. Imperatives:

LOK pa.

Digo LA pa.

DO this!

COME here!

9. Negatives:

Ho-ke, ch-naw sarok tiq (1) SHII.

Ma-hok-pu, ch-naw MA tiq sa-rok MA shii
bu.

Digo MA ne.

Yes, I HAVE a book.

No, I do NOT have the book.

Do NOT come here.

10. To be, have and want (simplest form):

Ch'naw/ch'naw shii/ch'naw lo chin

Thu/thu shii/thu la chin

Thu/thu shii/ma-kin chin

Thu/ thu shii/thu chin

I am/have/want

You are/have/want (m)

You are/have/want (f)

He is/has/wants

21. PLAY QUIZ

Test your instincts ... associate the phrases ... mixed in groups of four

- | | |
|-------------------------|--------------------------------|
| a. I am very well | Kaung bi/ho ke |
| b. Welcome | Ce-zu-tin-ba-deh |
| c. Thank you. | Kywa bar |
| d. OK | Ne jough ba deh. |
| e. Bye bye | Mingala ba |
| f. I want. | Nay kaung la? |
| g. Hello | Tata/thwa daw me |
| h. How are you? | Lo chin deh |
| i. What is this? | Ch-naw yu de |
| j. I can do that. | Ma hok pu |
| k. I take it. | Ch-naw dhi-ha-le nin lok |
| l. No. | Dhi ha ba-leh? |
| m. Yes, this is "cool" | Kye zhu pyu yeu |
| n. See you soon | Ma kyar kh in twe mae! |
| o. Where are you going? | Hokei, da "mite" deh |
| p. Please | Khin-bya be-thura me-leh? |
| q. How much is that? | Beh hne na yi hta pyi le? |
| r. Where is the toilet? | Be-leh/de-daw-leh/ba jaung le? |
| s. Where/when/why? | Ain tha be hona leh? |
| t. What time is it? | Dhi ha beh-lauq-leh deh? |
| u. What is your name? | Da ba go so le? |
| v. I do not understand | Pyan pyaw ba oun |
| w. What does this mean? | Nameh behlo kawdhaleh |
| x. Please say it again. | Ch-naw ma ne-le bu |
| y. You are right. | Do pior deh. |
| z. We are happy. | Khin-bya man de. |

Answers: 4321, 3412, 4312, 3241, 4321, 3412, 21 ... and from a natural speaker ...

**CRE - CREATIVE RELAXATION EXERCISE
THE NATURAL WAY TO PLAY WITH LANGUAGE AND A BEAUTIFUL
ACCENT
WITH A 30 MINUTE AUDIO TAPE IN ONE DAY**

**KEY CONCEPT: "WHEN you create new POSITIVE wave patterns in YOUR
mind
they give you the CONFIDENCE to RELAX and LEARN naturally without
EFFORT"**

Opportunity: for managers and staff on short or long missions to other countries to feel more secure, comfortable and effective in achieving better working relationships in English, with local companies, governments, refugees, clients and project staff. The effort to speak the local language with a good accent will be much appreciated, as it shows clearly a deep respect for local values and culture.

Description: dynamic English-based brief language learning system developed initially with some UN staff, for aid workers in Afghanistan, and now available in: Spoken Dari, Pashto, Uzbek, Tajik, Turkmen, English, French, German, Spanish, Portuguese, Hindi, Urdu, Finnish, Arabic, Indonesian, Malay, Wolof, Shona, Russian, Mandarin, Xhosa, Burmese, Swedish, Tswana and others in process: Cantonese, Zulu, Sutu, Nepali, Italian, Swahili, Basque etc.

Designed for: mature motivated learners who need to achieve very rapidly, the personal confidence to speak and understand, basics of the local natural language. Designed also for current speakers to who want to achieve significant accent improvement.

Course duration: one full six-hour day with a partner or small group, followed by daily brief individual revision, in the following week and one day reinforcement a month later.

Application: individual training or as a small part of any management training program to stimulate creativity, because: "Each language is an intellectual treasure-house of communication, culture and humanitarian values" - Professor Kenneth Hale - linguistics expert of MIT who spoke 50 languages fluently and died October 8th 2001.

Method: uses CRE techniques to achieve relaxation and intuitive absorption of the natural language with confidence and without stress or effort. Designed to handle varying individual value systems and needs. CRE techniques, once acquired, can be easily used for any other languages or dialects. Uses IRT - the Instant Relaxation Technique create the confidence to learn.

Further information: email: drbobboland@hotmail.com from Dr. Bob Boland MD,

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THE ONE HUNDRED MOST USED WORDS IN CONVERSATION
(Challenge ... check with a natural speaker ... and feedback ... please)

1. A/an	2. After	3. Again	4. All	5. Almost
TIQ KHU	NAUK	TA KHA	A LON	A ON LI LI
6. Also	7. Always	8. And	9. Because	10. Before
LI	A MYAE	HNINT	JAUNG	A-YIN-GA
11. Big	12. But	13. I can	14. I come	15. Either/or
KYEE	DA BE ME	CH-NAW ... NIN	CH-NAW LA	THOMA HOKE
16. Find	17. First	18. For	19. Friend	20. From
TWEY	PA TA MA	CHI	KHIN-BYA NGY CHIN	GA
21. I go	22. Good	23. Goodbye	24. Happy	25. I have
CH-NAW THWA	KAUNG	THWA DAW ME	WAN THA	CH-NAW SHII
26. He	27. Hello	28. Here	29. How	30. I
KHIN-BYA	MINGALA BA	DI MA	BE NE	CH-NAW
31. I am	32. If	33. In	34. I know	35. Last
CH-NAW DEH	LYIN	A THE/A TWIN	CH-OK THI	NAUK SONE
36. I like	37. Little	38. I love	39. I make	40. Many
CH-NAW CHAI-TE	NE NE	CH-NAW THI	CH-NAW LOKE	MYAR

41. Only THA	42. More PO	43. Most ZON	44. Much MYA ZUA	45. My CH-NAW
46. New THIT	47. No MA HOK PU	48. Not MA/PHU	49. Now YA-KHU/A KHU	50. Of I
51. Often A KYEYN JEYN	52. On A PAW MA	53. One TIQ/TA	54. Only THA	55. Or THO MA HOK
56. Other ACHA	57. Our DO	58. Outside A PYIN MA	59. Over A PAW	60. People LU DWAY
61. Place NAY YA	62. Please CHI ZU PYU YWAE	63. Same A TU TU	64. I see CH-NAW MYIN	65. She KHIN-BYA
66. So AE LO HA MYO	67. Some A CHU	68. Sometimes TA KA TA LAY	69. Still HTO	70. Such T-CHO
71. I tell CH-NAW PYAW	72. Thank you CE U TIN BA DEH	73. That TU/HO	74. The DHI	75. Their KHIN-BYA DO
76. Them KHIN-BYA DO	77. Then YIN	78. There is A MA	79. They KHIN-BYA-DO	80. Thing A-YA
81. I think CH-NAW HTIN	82. This THI	83. Time A-CHEIN	84. To THO/KO	85. Under AUK-MA

86. Up	87. Us	88. I use	89. Very	90. We
A-PAW-THO	DO-DWAY	KYAN DAW/ MA LOK	THEIQ	CH-NAW-DO
91. What	92. When	93. Where	94. Which	95. Who
BA-LE	BE-DAW-LE	BE-LE	BE-THIN	BE-KHIN-BYA
96. Why	97. With	98. Yes	99. You	100. Your
BA JAUNG LE	NIN	HO KE	KHIN-BYA	KHIN-BYA/ SHIN (f)

APS - LEARNING REINFORCEMENT AUTONOMIC PLAYBACK SYSTEM

- 1. Make a special 30 minute APS audio tape recording of all the material that you want to absorb into your long term memory, as follows:**
 - a. Speak with gentle persuasive tone. This encourages perception and retention without effort.**
 - b. Speak only for about 8 seconds ... pause for about 4 seconds continue for about 8 seconds ... pause 4 seconds etc. This gives your mind time to absorb easily without stress,**
 - c. Add seven key learning points which were important to you! This provides "associations" in your mind for the new learning.**
- 2. The NEXT DAY, relax and playback the tape (using ear phones) while watching some interesting TV show WITHOUT audio e.g. a football match or other a sports event or a cartoon. Make NO EFFORT to listen to the tape. In fact, TELL yourself NOT to listen, but just to relax and gently give all attention to the TV show. Relax and let your mind absorb the data WITHOUT ANY CONSCIOUS EFFORT at all.**
- 3. Play this once more.**
- 4. Finally on the FOLLOWING DAY, do IRT (relax), and playback the tape (with ear phones) while gently viewing and repeating the text material (hear, see, say and feel).**
- 5. Adapt APS to your special needs and personality. Use it for any new material that you want to absorb without stress or effort. And please remember to email feedback and new creative ideas to our Team at: www.crelearning.com. So ... from now on -**

relax and remember!!